

Fundamentals of Rope Bondage at Shibaricon 2010

Max's *BondageLessons*

www.BondageLessons.com



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Why Bondage?

- ◆ For restraint - Used to enhance another activity
- ◆ For headspace - Helplessness, submissiveness
- ◆ For sensory deprivation – rope blindfold, finger bondage
- ◆ For pain - Dominance, S/M
- ◆ For aesthetics - Visual, tactile appeal
- ◆ For sex - In your favorite configuration

General Principles

The bottom line

- ◆ Safety
- ◆ Connection
- ◆ Style

Lead with confidence and firmness

- ◆ Train, study, practice
- ◆ Your bottom *wants* to be with you
- ◆ Start small
- ◆ Manage expectations

Keep both partners entertained

- ◆ Focus on each other, not just the bondage
- ◆ R&D sessions vs. scenes
- ◆ Tie for the bottom, untie for the top

About escape

- ◆ Difficult to make inescapable rope bondage - so feature it
- ◆ Better technique makes escape more difficult

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Rope Fundamentals

Rope Terminology

- ◆ Working end or “the end”
- ◆ Standing end / running end
- ◆ Loop
- ◆ Bight
- ◆ Half hitch

Criteria for a good knot

- ◆ Ties and unties
- ◆ Struggle-proofness – Won't jam or untie
- ◆ “Slippery” knots

Strategy

- ◆ Learn a few knots, and learn them well.
- ◆ Use the simplest knot that will serve your purpose

Things to think about

- ◆ How will I *untie* the bondage?
- ◆ How will I untie the bondage if I need to untie it in a hurry?
- ◆ Can I untie portions of the bondage if they're causing problems and need adjustment?
- ◆ How long will this last?
- ◆ What's next? Bondage scenes are fluid and layered.

What to buy?

- ◆ Focus on feel, not strength (except for suspension / partial suspension)
 - Braided / twisted
 - “Hand” – for grip and comfort
 - Stiffness
- ◆ Stiff, slippery rope doesn't hold knots well
- ◆ Natural fibers (hemp, sisal) vs. synthetic (nylon, polyester, polypropylene)
- ◆ A good starter set
 - 2 - 6 30' pieces of 5/16" (8mm) or 3/8"
 - 4 10' pieces of 5/16" (8mm) or 3/8"
 - 1 40' - 50' piece of 1/4"

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Some Thoughts on Safety

Before you play - things to ask while negotiating bondage scenes

- ◆ Circulation (e.g. diabetes)
- ◆ Dizziness (e.g. low blood pressure)
- ◆ Flexibility (e.g. back injury, shoulder range of motion)
- ◆ Immobility (e.g. muscle cramping)
- ◆ Fears / phobias (e.g. panic or restricted breathing)

What can go wrong?

- ◆ Suffocation
- ◆ Nerve damage
- ◆ Circulation
- ◆ Strain on muscles and tendons
- ◆ Falling
- ◆ Falling objects
- ◆ Need for rapid release – panic, fire, medical
- ◆ Rope burn

Suspension - all of the above... plus

- ◆ Falling (farther)
- ◆ Breaking bones, bruising, spinal injury
- ◆ Injuring the top

Standing bondage

- ◆ Tie feet last and untie feet first
- ◆ Use available high points for hands or stabilizing line. Note that this can turn into a suspension at a moment's notice

General thoughts on safety

- ◆ NEVER LEAVE A BOUND PERSON UNATTENDED
- ◆ BE VERY CAREFUL AROUND THE NECK AND HEAD
- ◆ Be ready for a quick release
 - Slippery knots
 - Scissors / Knife

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Tying a Single Limb - Modified Fisherman's Bend



01 Make an overhand knot far enough from the end of the line to allow 3 – 5 wraps around the limb.

02 Go around the limb, passing the end through the overhand knot



03 Repeat until you have used up all the line.

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Tying a Single Limb - Modified Fisherman's Bend



04 Use the end to make a half-hitch around the standing end.



05 Finished knot.

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Tying a Line to an Anchor Point - Taut Line Hitch



01 Make a bight around the anchor point and make a half-hitch around the standing end.



02 Make a second turn around the standing end in the same direction.



03 Make a third turn around BOTH parts of the bight.



04 Pull tight.



05 Alternate – a “slippery” version.

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Tying Two Limbs Together - Lark's Head Parallel Lashing



01 Start with a Lark's Head.



02 Double back and go around both limbs and through the bight.



03 Pass the ends between the two limbs.



04 Back view.



05 Bring the ends to the front.



06
Finish with a square knot.

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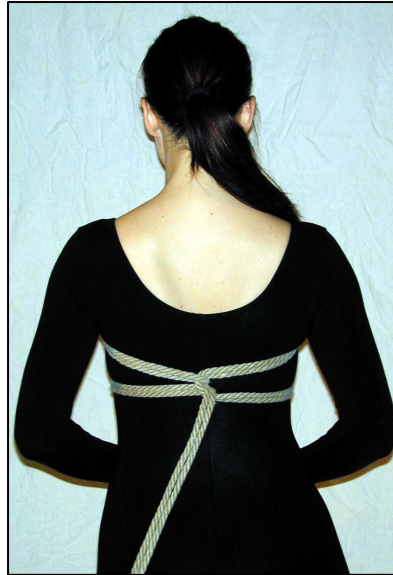
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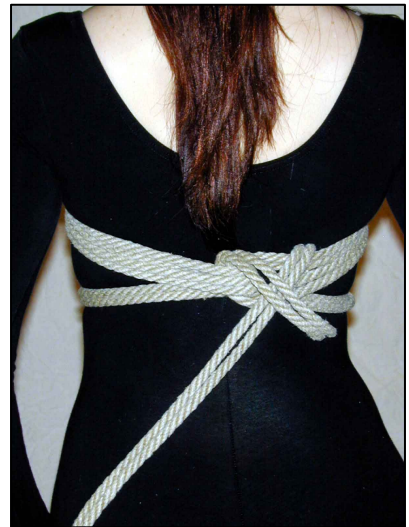
Chest Harness



01 Double the line and wrap the center around the chest.
Pass the ends through the center and double back.



02 Make another wrap or two
around the chest, doubling
back each time.



03 Tie off the end with a half-hitch.



04 Use the ends to tie the wrists
to the chest harness.



05 Bring the ends through
and finish with
a square knot.

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Positions - Hog Ties



01 Classic wrists to ankles position.

Not very strenuous.



02 Attaching the ankles to a chest / shoulder harness makes the position much more interesting.

03 Same tie as above, different camera angle.

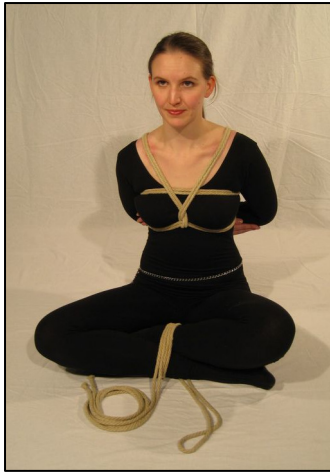


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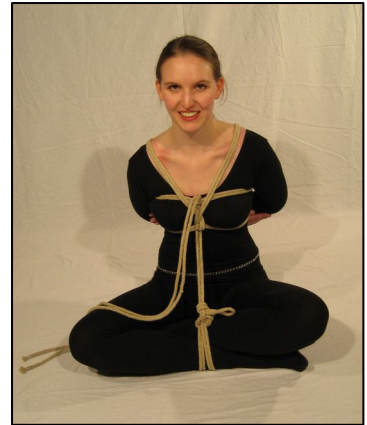
Positions - Ebi



01 Start with a chest harness.

Tie the ankles with a Modified Fisherman's Bend

02 Pass the ankle line through the front of the chest harness.



03 Tighten as desired.



04 Wrap and tie to finish.



05 Add a piece of bamboo for extra meanness.

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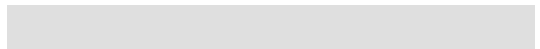
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Positions - Tying Two Limbs Together - Lark's Head parallel Lashing

01 & 02 Two views of the same position - parallel lashing attaching each wrist to an ankle.



03 Parallel lashing binding the wrists to each other.
This is generally sufficient to restrain the legs.



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Resources

Watch people play

- ◆ Parties
- ◆ Leather / BDSM / Rope conventions
- ◆ Look for both good and bad examples
- ◆ Scene etiquette
 - Be respectful
 - Wait a bit before offering compliments or asking questions

Classes / workshops / private lessons / mentoring

- ◆ Leather / BDSM conventions
- ◆ Workshops / private lessons - Max: www.BondageLessons.com , Midori

Bondage books

- ◆ *The Seductive Art of Japanese Bondage*, Midori, Greenery Press, 2001, ISBN 1-890159-38-7
- ◆ *Erotic Bondage Handbook*, Jay Wiseman, Greenery Press, 2000, ISBN 1-89-015913-1
- ◆ *Shibari*, Master K, Secret / Jurgen Boedt, 2004, ISBN 978.908770620
- ◆ *Bound*, David Lawrence, Secret Press, 2005, ISBN 908077067
- ◆ *Bondage For Sex Volume 1*, Chanta Rose, BDSM Press, 2006, ISBN 978-0977723805
- ◆ *Shibari You Can Use: Japanese Rope Bondage and Erotic Macrame*, Lee "Bridgett" Harrington, Mystic Productions, 2007, ISBN 978-0615144900

Knot and rope books

- ◆ *The Ashley Book of Knots*, Clifford W. Ashley, Doubleday, 1944, ISBN 0-385-04025-3
- ◆ *The Complete Book of Knots*, Geoffrey Budworth, The Lyons Press, 1997, ISBN 1-55821-632-4
- ◆ *On Rope: North American Vertical Rope Techniques*, Bruce Smith and Allen Padgett, National Speleological Society, 1996, ISBN 1-879-96105-9

Rope and gear

- ◆ Twisted Monk – Treated hemp, rings - www.TwistedMonk.com
- ◆ Scientific Nature Hemp Emporium - Raw hemp - www.HempEmporium.com
- ◆ Mr S. Leather and Fetters USA, www.mr-s-leather-fetters.com